

Kettlebells 101:

Empower yourself and your clients to succeed

Session 613



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WEGYM

OBJECTIVES

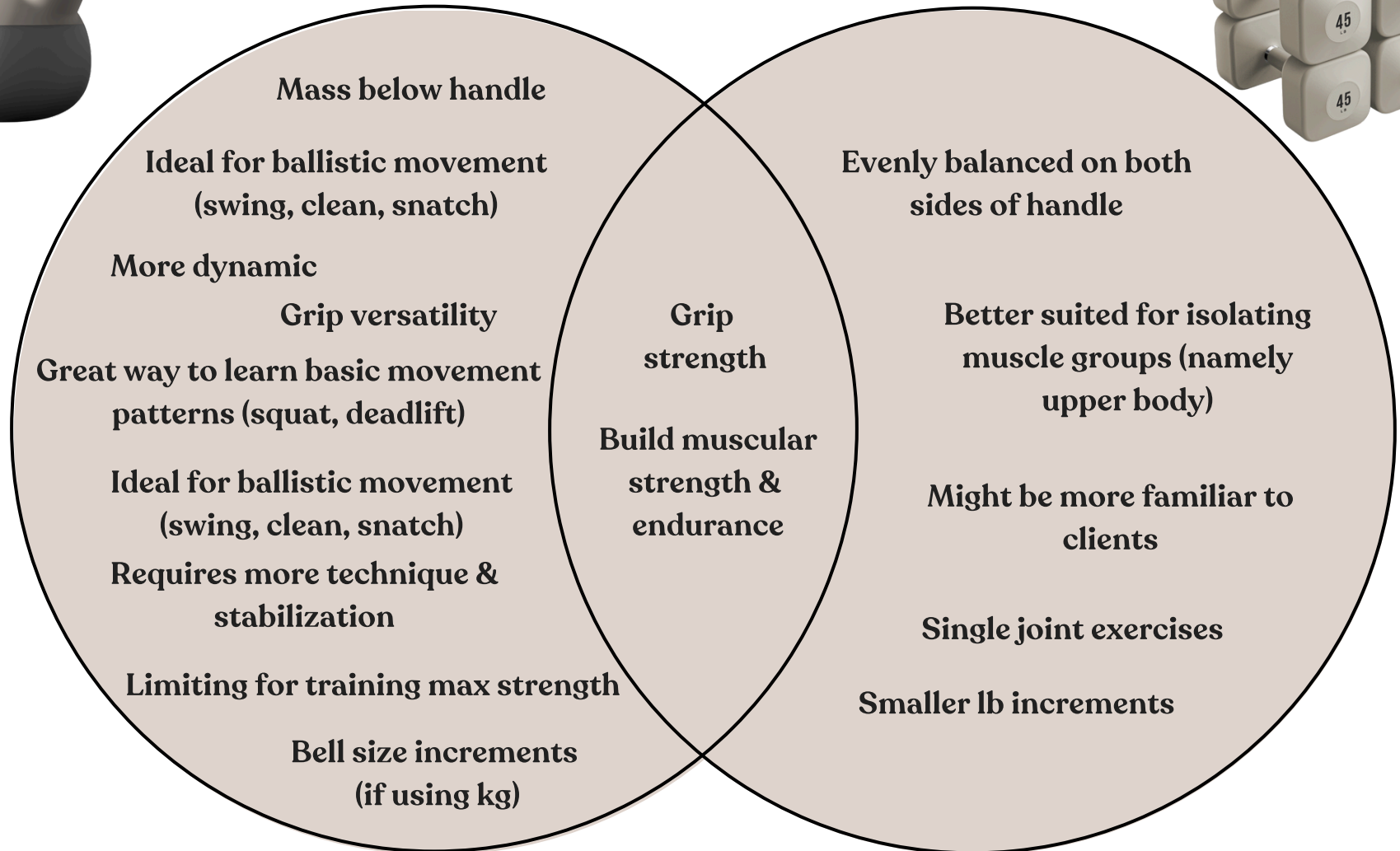
1. Comparative Training Techniques: Analyze the similarities and differences between kettlebell and dumbbell training, including movement patterns, benefits, and applications, to effectively incorporate kettlebells into client programming based on their goals and needs.
2. Learn the proper techniques for foundational kettlebell exercises, including squats, deadlifts, and swings to ensure safe and effective training.
3. Client assessment and adaptation: develop the skills to assess individual clients' fitness levels and adapt kettlebell movements to suit their abilities and goals.
4. Identify common kettlebell training pitfalls and learn strategies to cue and correct clients for safe and efficient movement patterns.



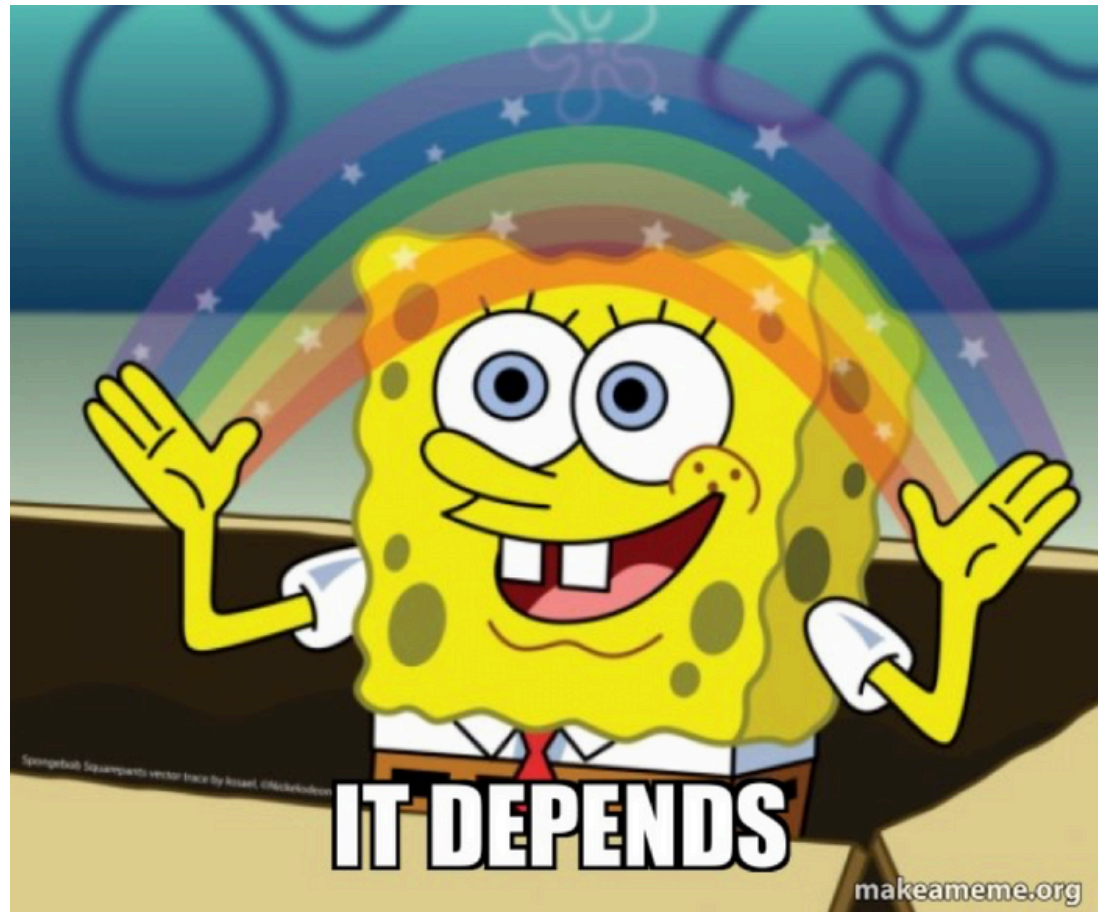


KETTLEBELLS

DUMBBELLS



So which is better to use?



Kettlebells and dumbbells are just tools to teach different skills.
Pick your tool based on what you skill you're trying to develop.
Spoon vs Fork.

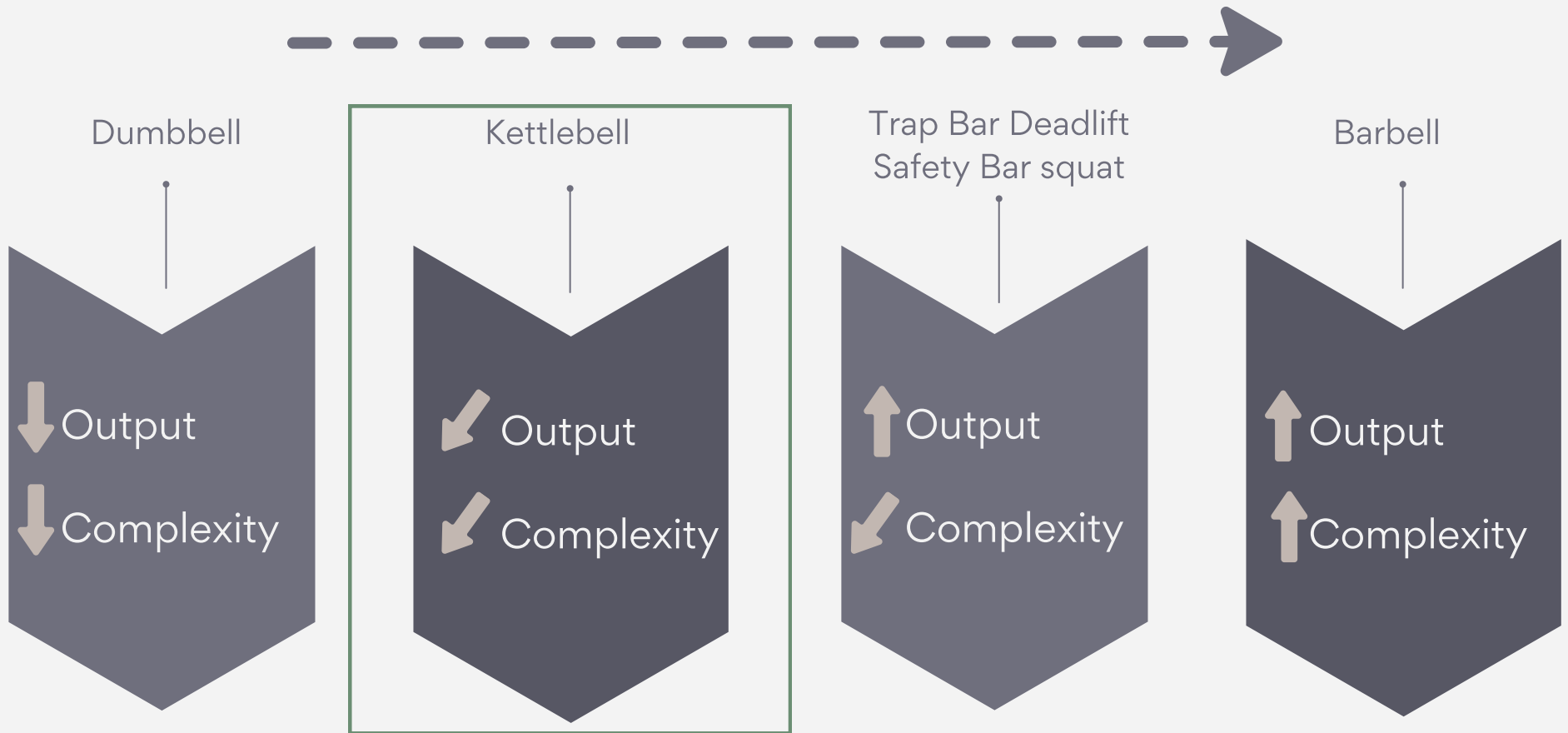
True or False...

You can train for kettlebell movements
without using a kettlebell.



Where do kettlebells fit?

Strength: moving weight/lifting heavy

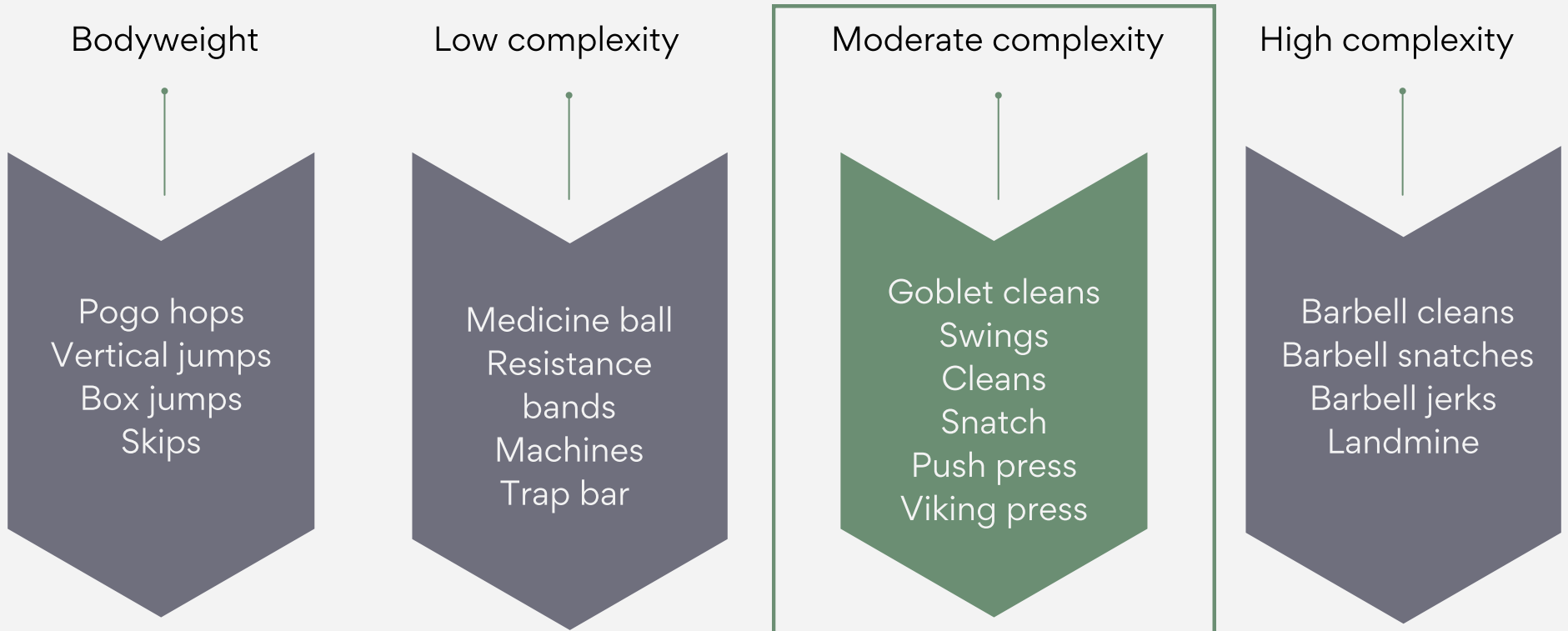


Output: how much can we load it

Complexity: how easy is it to do? (number of joints involved, CNS)

Where do kettlebells fit?

Power: Moving heavy weight, fast



When it comes to ballistic work- how quick can you be with your hips?

80/10/10



Powerful
hip drive



Technique/
Biomechanics



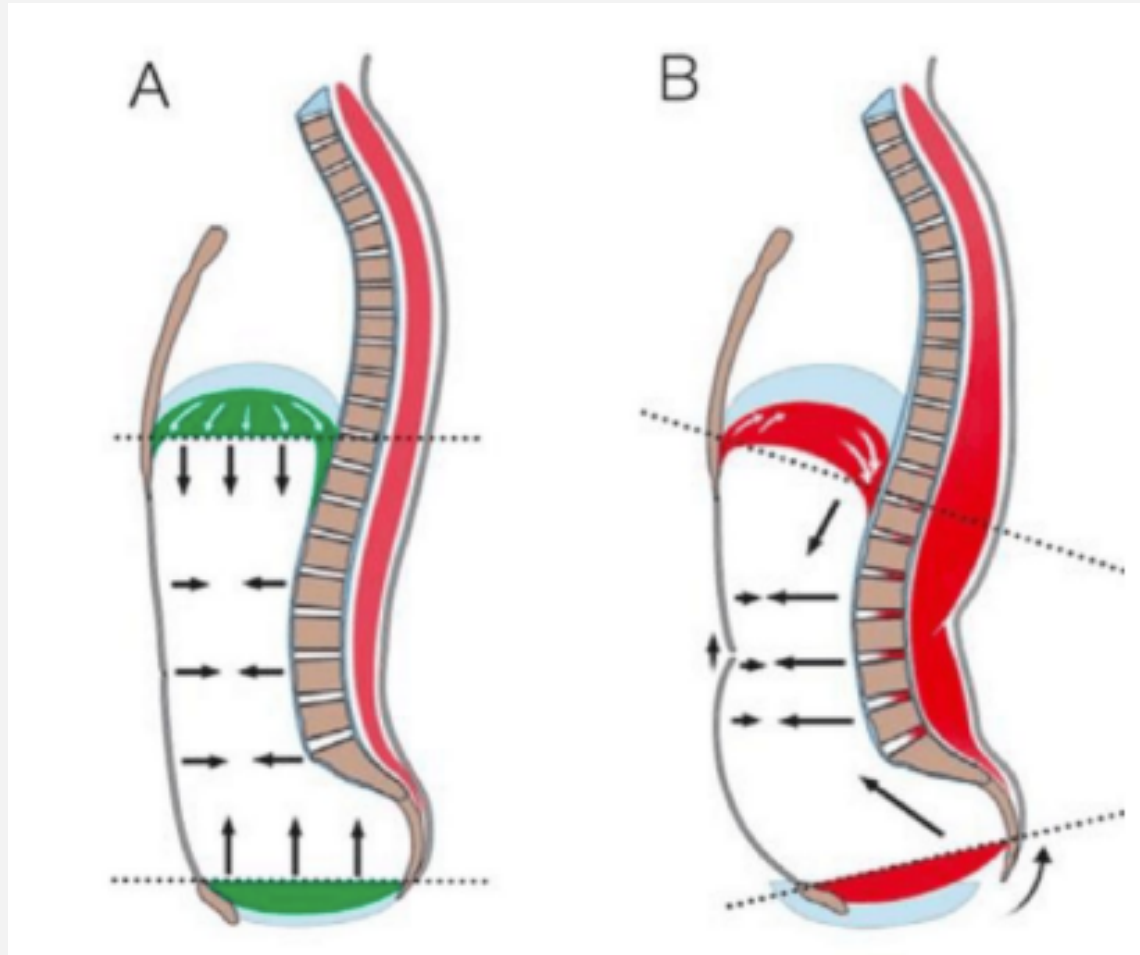
Breathing
strategies &
Drills

Its all in the hips. Its all in the hips



Breathing & Positioning

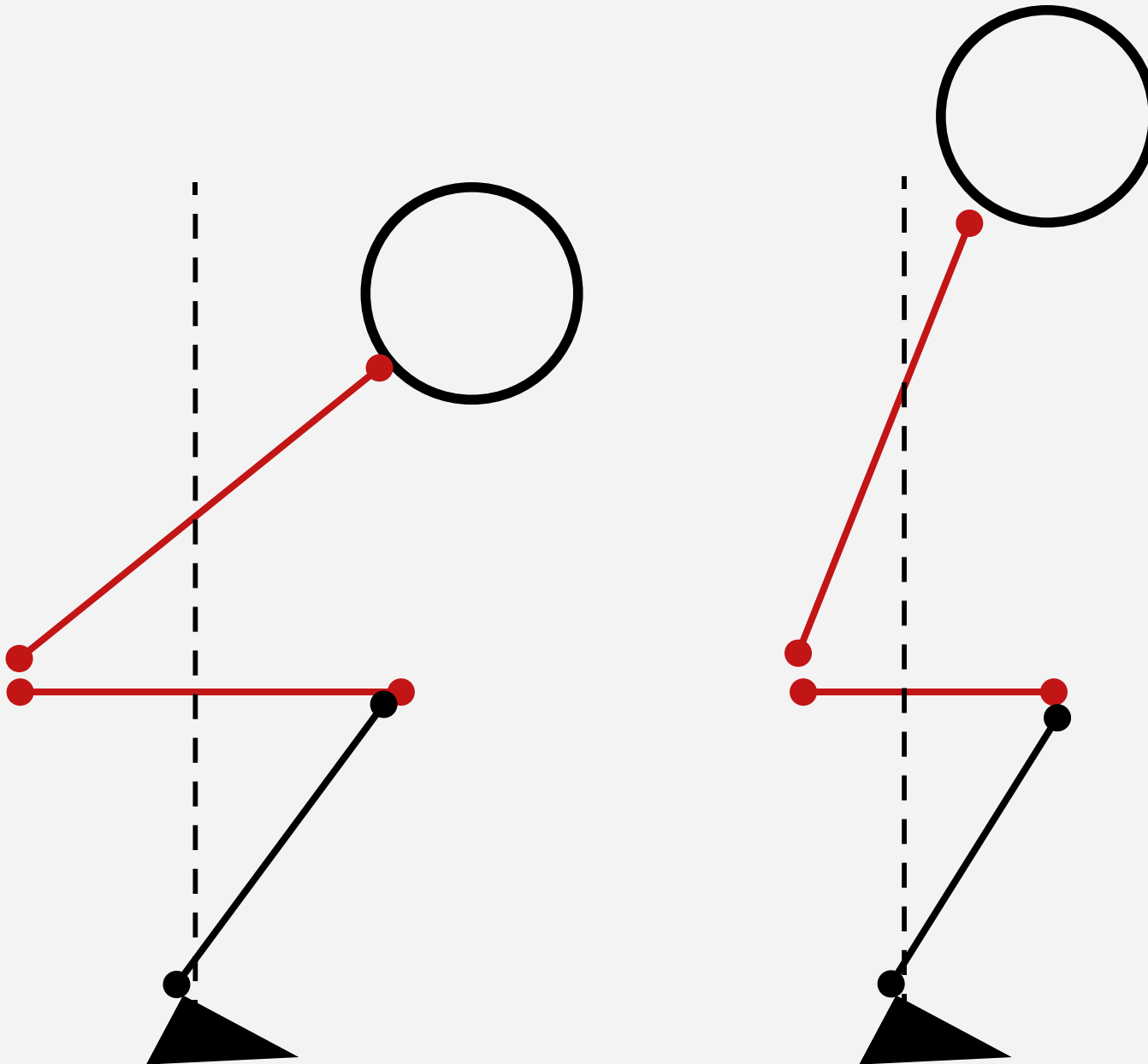
Managing your internal pressure system



Check in points: sternum and hip bones

Squats

Knee dominant movement



Squats with kettlebells

Squat type

Bilateral

B-stance

Lunge

Single
leg

Kettlebell placement

Between feet

Suitcase hold
Inside leg
(*contralateral*)
Outside leg
(*ipsilateral*)

Goblet hold

Front racked

OH, mixed,
offset

Hip Hinge (aka deadlift)



Assess:

- Neutral spine
- Shoulders above hips, hips above knees
- Neutral or positive shin angle
- Joint alignment (esp knees/toes)
- KB mid foot placement



Teaching a Romanian Deadlift to newbies



Set up core engagement
(Pallof hold)

Foam roller
(optional: in front of bench)

Banded forearms
(lat engagement)

Breathing, gaze

Troubleshoot



Likely due to
difficulty lengthening
posterior chain
tissue
aka...too tight in
hamstrings/glutes/
pelvic floor!

Drills to lengthen:

Quadruped breathing
Half kneeling windmill

Cues to give:

Inhale
Open the book
Shine the flashlight

**What should you do first...cue or drill?*

Troubleshoot

Can't create *enough* tension in the core



Drills to create tension:

Loaded beast

Isometric deadlift hold

Plank

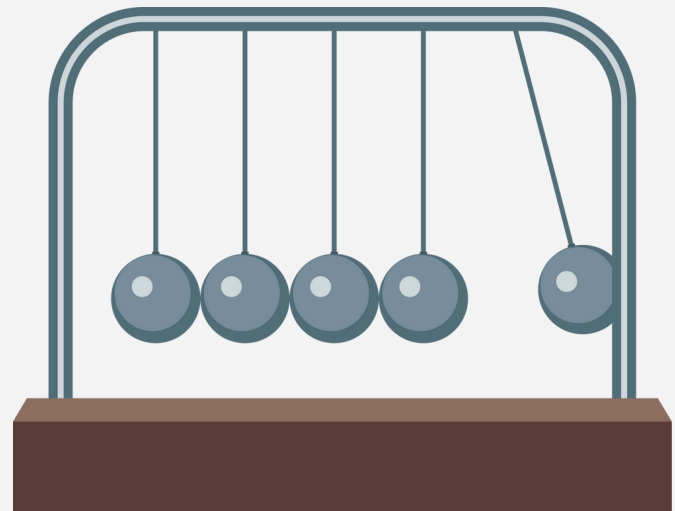
Glute bridge w/elbow press

Cues to give:

Exhale as you hinge

Gaze goes with you

A kettlebell swing is just a fast hip hinge.



Build a better hip drive

Up phase (concentric)

vs

Down phase (eccentric)

Complexity



Vertical Jumps
Pogo hops
High knees
Skips (A,B,C)



Weighted jumps
Resistance band broad
jump
Medicine ball pass
Medicine ball toss behind

Create power UP

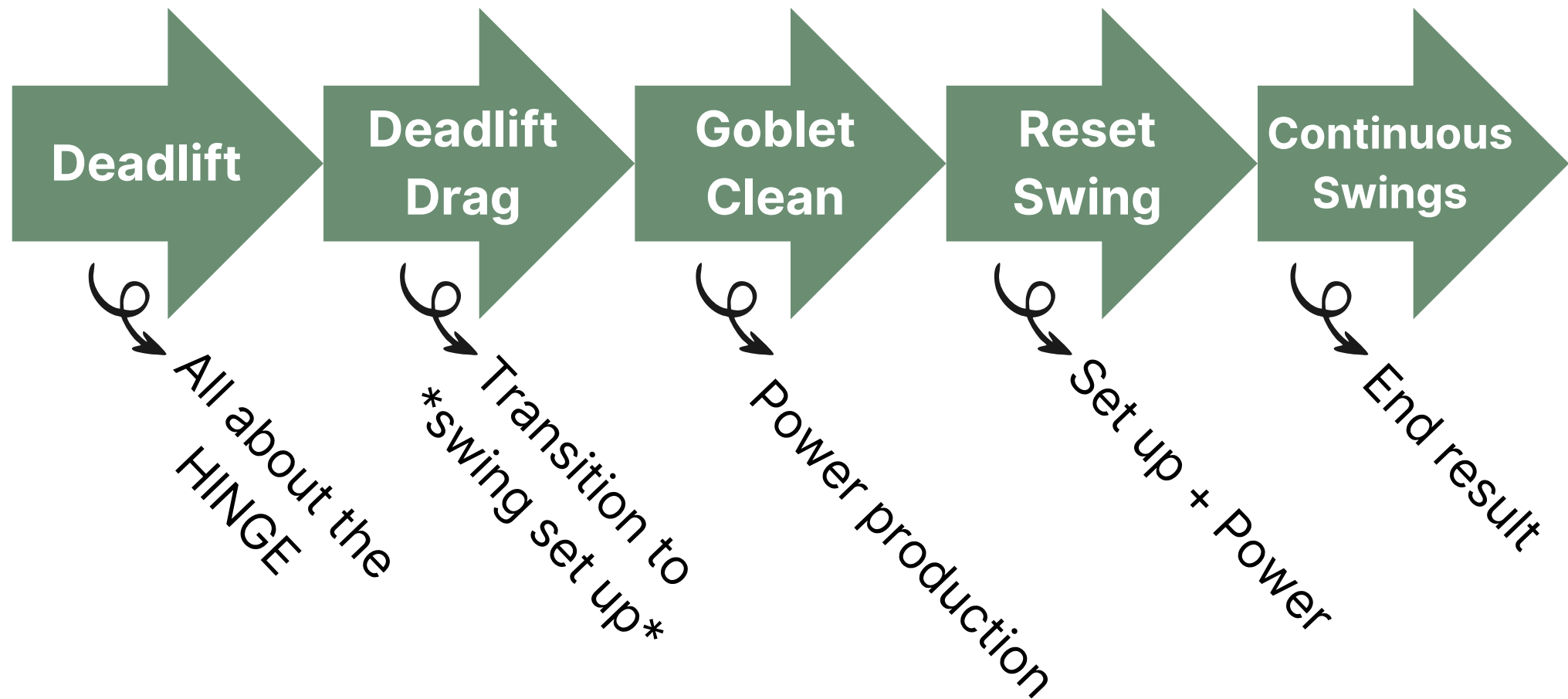
Drop sets (unilateral or
bilateral)
Box drops
Dynamic lunges



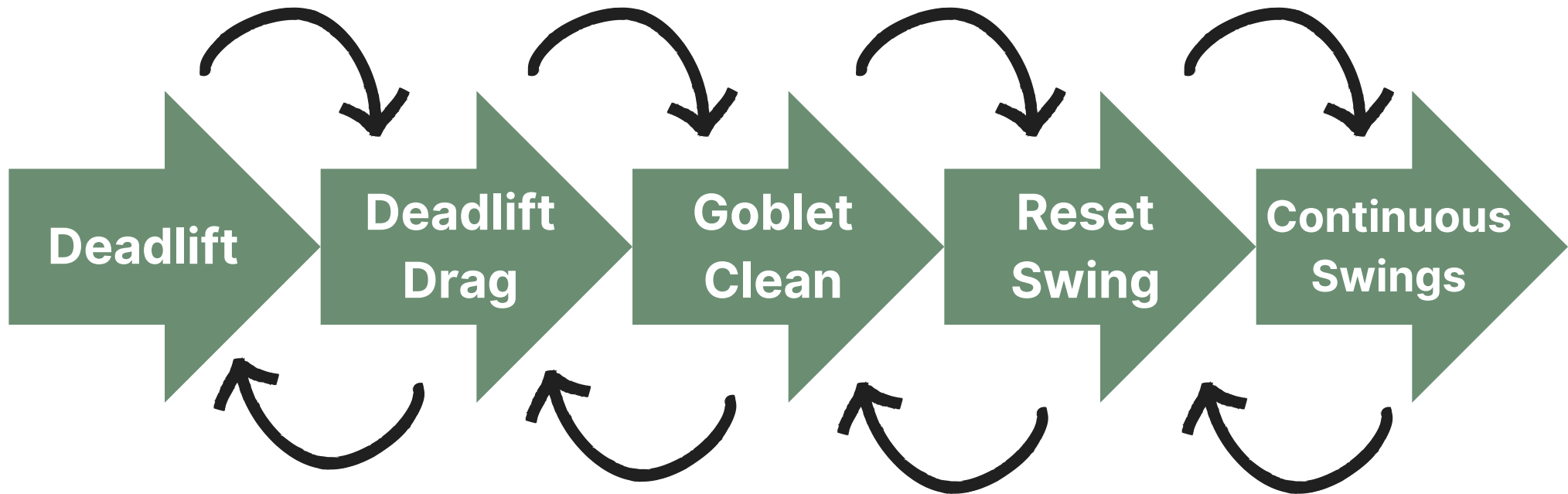
Med ball slams
KB Drop sets
KB Goblet hover
KB weighted jumps

Deceleration

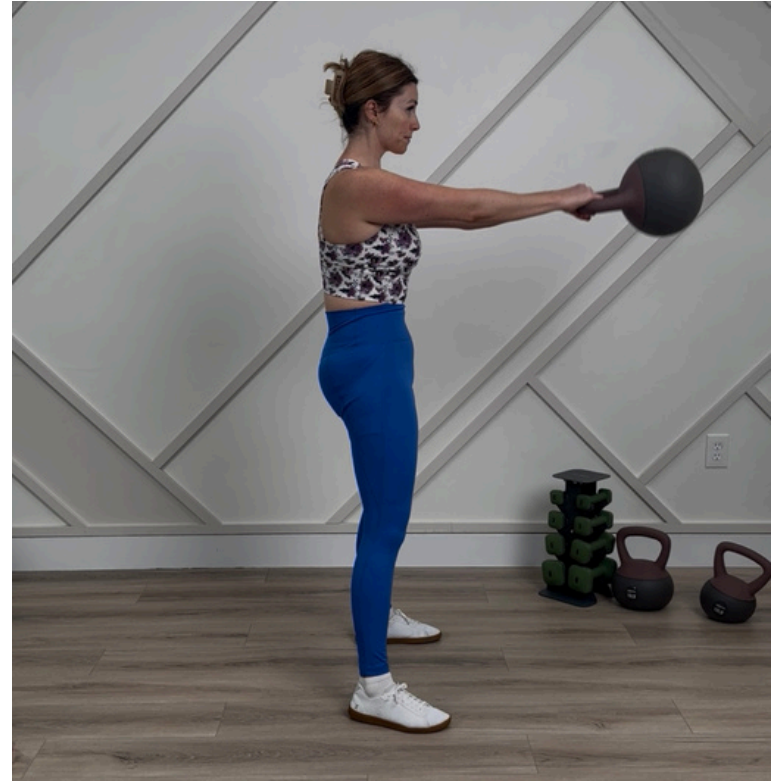
Steps to learning the kettlebell swing



Think of this like a sliding scale:

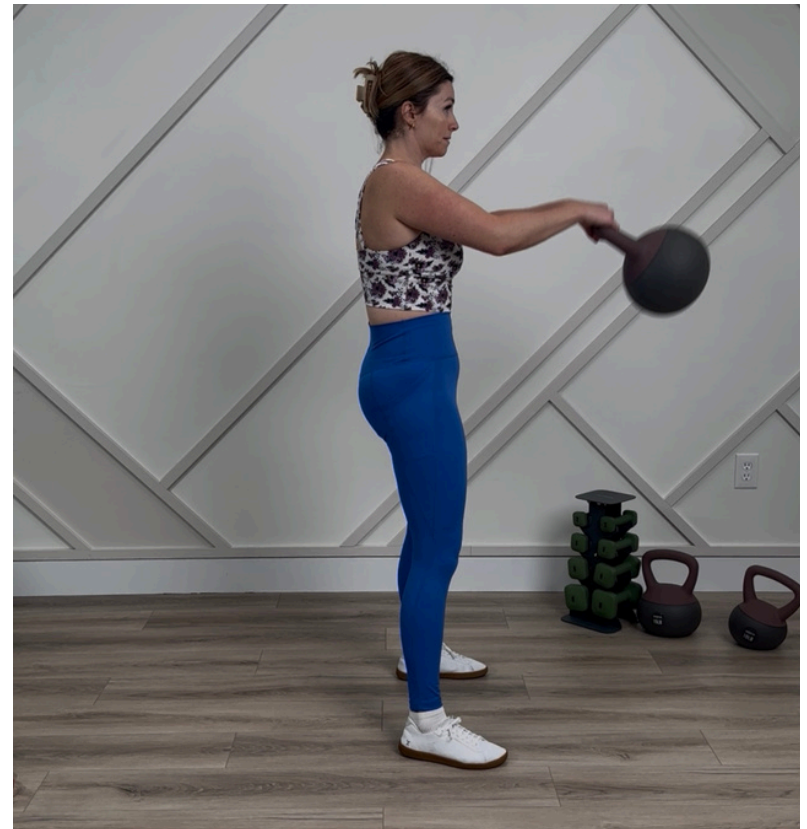


Where's the bell going?





Where's the bell going?



*When might we *want* a squatty hinge?*

Other things to look for in the swing:

- What are the big toes doing?
- Where is the gaze?
- What does the top of the movement look like?
- Timing
- Hips rising on the hike back

“Cool. How do I put all of this
into a **WORKOUT** I can **USE**?”



Programming

- **Mobility/Activation**

Activate CNS, connect to core breathing

- **Dynamic Warm Up**

Get warm (movement prep)

- **Skills**

Hone in on technical work/practice before fatigue
(mental and physical) sets in

- **Power**

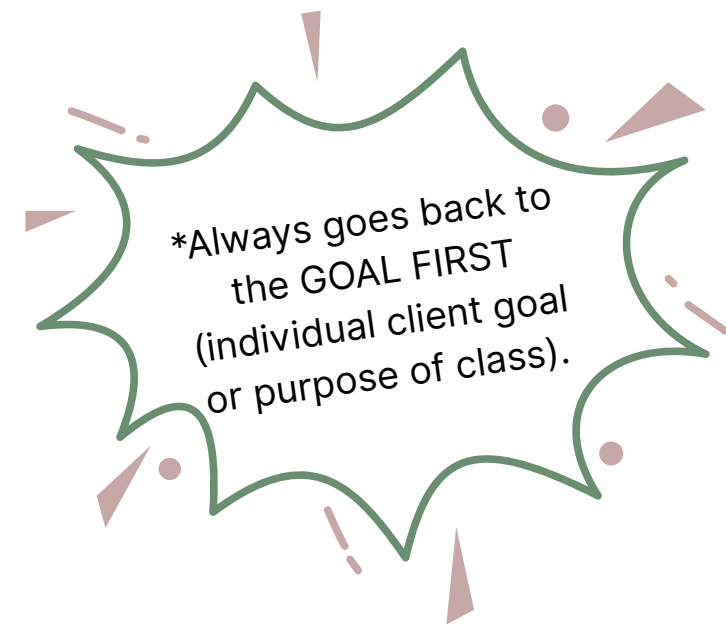
Athleticism, functional movement, neuromuscular efficiency, injury prevention, metabolic

- **Strength**

Build muscle, improve output

- **Cardio**

Cardiovascular health, improves anaerobic capacity
as well



Programming Example 1

Group fitness 60 min

- **Mobility/Activation** 5-6 min
 - Loaded beast x10
 - Half kneeling windmill (bodyweight or light weight) x8 ea side
 - Pogo hops 20 sec, squat hold 5 sec x3
- **Dynamic Warm Up (mimics workout movement)** 5-7 min
 - A-skips across room, drop squat x5 at the end (3-5 rounds)
 - Inchworm walkout
 - Lateral lunge triple windmill, triple shuffle per side
- **Skills** 7-8 min
 - KB Deadlift/Deadlift drags
- **Power** 12-15 min
 - Goblet Clean x8 Partner: I go, you go
 - Med ball slam x8 3 rounds
- **Strength** 12-15 min
 - Suitcase deadlift x10 Tricep extension x10 Circuits
 - Bench incline push-ups x8 Bicep curls x12 2-3 rounds
- **Cardio** 8-10 min
 - Interval circuits
 - or steady (stairs, run etc.)

Programming Example 2

Individual Client

Goal: general health/strength

- **Mobility/Activation** 5-6 min
 - Glute bridge with elbow press x10
 - Quadruped thoracic opener x8 ea side
 - IYTW x6
- **Dynamic Warm Up (mimics workout movement)** 5-7 min
 - Front to lateral lunge
 - Drop squat to inchworm walkout
 - C skip down and back each side
- **Skills** 7-8 min
 - Goblet squat (core engagement throughout, when to breathe)
- **Power** 12-15 min
 - Resisted band jump x8
 - Goblet squat hover x6

3 rounds
90 sec rest between
- **Strength** 12-15 min
 - Hamstring db curls x10
 - Gorilla rows x10
 - Chest press x12
 - Lateral raises x10

Superset lower/upper
90 sec rest between
3 rounds
- **Cardio** 8-10 min
 - Steady state or EMOM's

~Let's stay connected~



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**Want 4 more
programming
outlines? Drop
me your email.**